

Platz	Nr.	Name, Vorname	Verein/*Ort	Jahr	Platz	AK	Endzeit	Brutto
1	2671	Werner, Michael	Söhne Schwafheims	1965	1	35	00:15:34	00:15:37
2	2622	Roßmann, Roman	TSV Bayer 04 Leverkusen	1979	1	22	00:15:48	00:15:50
3	3174	Moog, Ralf	TUS Breitscheid	1968	2	35	00:16:12	00:16:16
4	2855	Schneider, Daniel	LT Starlight Team Essen	1984	1	18	00:16:42	00:16:43
5	2574	Mentzen, Jörg	SG Ruhrgas Essen	1979	2	22	00:16:43	00:16:45
6	2663	Schoemakers, Michael	VfL Merkur Kleve	1969	1	30	00:16:56	00:16:57
7	2591	Schwarz, Harald	DJK Teutonia St. Tönis	1960	1	40	00:16:58	00:17:01
8	2551	Borchert, Wolfgang	MC Eschweiler	1963	2	40	00:17:08	00:17:10
9	2761	Knospe, Andreas	Bunert-Running-Team	1979	3	22	00:17:18	00:17:19
10	2563	Przibylla, Rudolf	MC Eschweiler	1960	3	40	00:17:23	00:17:24
11	2596	Kuhnke, Lothar	Tusem Essen	1955	1	45	00:17:24	00:17:26
12	2707	Schneider, Axel	Söhne Schwafheims	1966	3	35	00:17:25	00:17:28
13	2300	Weiss, Annette	Siegburger TV	1968	1	35	00:17:39	00:17:41
14	2575	Mracsek, Peter	SG Ruhrgas Essen	1958	2	45	00:17:42	00:17:44
15	2472	Harder, Jens	Eintracht Duisburg	1968	4	35	00:17:47	00:17:50
16	2332	Kollender, Jan Philipp	LC Duisburg	1986	2	18	00:17:48	00:17:51
17	2757	Lehmberg, Volker	Eintracht Duisburg	1972	2	30	00:18:01	00:18:03
18	3148	Kawelke, Thomas	SI Sport e.V.	1969	3	30	00:18:03	00:18:07
19	3221	Stahr, Ralf	LG Mülheim	1962	4	40	00:18:05	00:18:09
20	3180	Runte, Meinolf	TUS Breitscheid	1961	5	40	00:18:05	00:18:10
21	2999	Ebbrecht, Hartmut	TSV Hochdahl	1956	3	45	00:18:10	00:18:14
22	3038	Drop, Christian	LAV Bayer Uerdingen/Dorma	1986	3	18	00:18:12	00:18:17
23	2450	Götzen, Fred	*Duisburg	1968	5	35	00:18:20	00:18:25
24	3189	Siekmann, Ulrich	TSV Viktoria Mülheim	1949	1	50	00:18:30	00:18:34
25	2731	Eppendahl, Klaus	Berg u. Ski-Gilde Hatting	1946	1	55	00:18:30	00:18:32
26	2772	Schostag, Jürgen	Homberger TV	1957	4	45	00:18:31	00:18:34
27	3285	Schröder, Werner	FC Nordkirchen	1950	2	50	00:18:32	00:18:36
28	3030	Buck, Daniel	*WUPPERTAL	1985	4	18	00:18:39	00:18:43
29	2412	Runge, Holger	LG Duisburg-Süd	1962	6	40	00:18:40	00:18:43
30	2406	Wöhler, Thomas	FC Stoppenberg	1989	1	15	00:18:41	00:18:42
31	3182	Wagner, Patrick	TUS Breitscheid	1983	1	19	00:18:44	00:18:51
32	3041	Franzen, Jannis	LC Duisburg	1985	5	18	00:18:48	00:18:52
33	3036	Thielke, Jürgen	LAV Bayer Uerdingen/Dorma	1959	7	40	00:18:48	00:18:52
34	2512	Thelen, Thomas	OSC Rheinhausen	1960	8	40	00:18:48	00:18:51
35	2304	Ropertz, Ingo	LC Duisburg	1957	5	45	00:18:49	00:18:52
36	2394	Brunnmeier, Pierre	Family Team Fit 4 Run	1982	2	19	00:18:49	00:18:53
37	2756	Lübke, Oliver	PSV Wuppertal	1966	6	35	00:18:50	00:18:53
38	2749	Tohermes, Kurt	LG Hünxe	1955	6	45	00:18:54	00:18:56
39	3242	Bockholt, Andreas	Pego Lauftreff	1973	4	30	00:18:55	00:19:00
40	3175	Jerosch, Jan-Sebastian	TUS Breitscheid	1979	4	22	00:18:56	00:19:00
41	3236	Mroß, Thomas	Söhne Schwafheims	1967	7	35	00:18:57	00:19:00
42	3185	Hermann, Klaus	TSV Viktoria Mülheim	1949	3	50	00:18:57	00:19:00
43	2767	Ettelt, Stefan	LT Starlight Team Essen	1983	3	19	00:19:00	00:19:04
44	2447	Busch, Thomas	TUS Neumühl	1980	5	22	00:19:02	00:19:05
45	2419	Hanzen, Michael	Homberger TV	1954	7	45	00:19:04	00:19:07
46	2593	Brahm, Thomas	DJK Teutonia St. Tönis	1985	6	18	00:19:05	00:19:05
47	3012	Haberscheidt, Ralf	FC Stoppenberg	1963	9	40	00:19:05	00:19:10
48	3264	Leifkes, Steffen	LG Coesfeld	1987	7	18	00:19:07	00:19:11
49	2602	Wolf, Marcel	TV Wanheimerort	1987	8	18	00:19:09	00:19:15
50	3203	Drop, Ulli	VfB Alemannia Pfalzdorf	1960	10	40	00:19:12	00:19:16
51	2360	Kawalleck, Andreas	Turbo Quartett	1972	5	30	00:19:12	00:19:16
52	3100	Scharrenberg, Ulrich	TSV Hochdahl	1948	2	55	00:19:17	00:19:20
53	3109	Schwoll, Detlef	Styrumer Turnverein 1880	1958	8	45	00:19:19	00:19:26
54	2452	Niklass, Kai	*Oberhausen	1986	9	18	00:19:21	00:19:23
55	3229	Schoenfeld, Andreas	Osterather TV	1961	11	40	00:19:27	00:19:30
56	2589	Dohm, Markus	DJK Teutonia St. Tönis	1960	12	40	00:19:28	00:19:31
57	2565	Stetter, Dieter	Homberger TV	1958	9	45	00:19:29	00:19:33
58	2465	Echtenbruck, Peter	TV Walsum Aldenrade	1956	10	45	00:19:32	00:19:36
59	2706	Feyen, Ulrich	*Tönisvorst	1960	13	40	00:19:32	00:19:36
60	3097	Bünder, Heinz	FC Nordkirchen	1959	14	40	00:19:33	00:19:37
61	3244	Rohde, Achim	*Duisburg	1954	11	45	00:19:34	00:19:40
62	2536	Brose, Karl	Marathon Dinslaken	1952	4	50	00:19:40	00:19:42

63	3040	Hauptstein, Jürgen	rennstall lichtenhagen	1959	15	40	00:19:47	00:19:54
64	3018	Kolb, Thomas	SV Siemens	1964	8	35	00:19:47	00:19:55
65	2365	Bischoff, Bettina	SV Gladbeck 13	1966	2	35	00:19:51	00:19:51
66	2605	Sommer, Martin	TV Wanheimerort	1968	9	35	00:19:51	00:19:57
67	3263	Schumacher, Tobias	LG Coesfeld	1986	10	18	00:19:52	00:19:57
68	3153	Phlipsen, Nikolas	SI Sport e.V.	1970	6	30	00:19:55	00:20:00
69	3266	Konert, Markus	LG Coesfeld	1976	6	22	00:19:58	00:20:01
70	3272	Dols, Marcel	*Krefeld	1986	11	18	00:20:01	00:20:06
71	2627	Greilich, Florian	TUSPO Huckingen	1979	7	22	00:20:01	00:20:04
72	2691	Kaiser, Claudia	TSV Bayer 04 Leverkusen	1982	1	19	00:20:01	00:20:05
73	3197	Dickmann, Roland	LAV Oberhausen	1941	1	60	00:20:01	00:20:04
74	3110	Göbbels, Torsten	*Duisburg	1980	8	22	00:20:02	00:20:09
75	2367	Ries, Thomas	*Mülheim	1965	10	35	00:20:09	00:20:14
76	3239	Wilczek, Ralph	L-Carn-Team	1971	7	30	00:20:09	00:20:12
77	3053	Maas, Steffen	*Moers	1982	4	19	00:20:12	00:20:18
77	2740	Renn, Florian	LG Hünxe	1990	2	15	00:20:12	00:20:16
79	2680	Zoll, Esther	Eintracht Duisburg	1962	1	40	00:20:18	00:20:24
80	2951	Breitfeld, Susanne	Homberger TV	1967	3	35	00:20:20	00:20:24
81	3243	Malburg, Ulrich	TVE Essen-Burgattendorf	1960	16	40	00:20:27	00:20:34
82	2587	Schuh, Andrea	DJK Teutonia St. Tönis	1963	2	40	00:20:27	00:20:29
83	3091	Krsak, Günther	*Wesel	1949	5	50	00:20:29	00:20:38
84	2705	Feyen, Rainer	*Tönisvorst	1954	12	45	00:20:35	00:20:39
85	2397	Abels, Markus	Viktoria Winnekendonk	1968	11	35	00:20:36	00:20:41
86	3099	Hirsch, Joachim	TSV Hochdahl	1952	6	50	00:20:38	00:20:41
87	2557	Penner, Ralph	*Wuppertal	1953	7	50	00:20:39	00:20:47
88	2526	Becker, Udo	LC Duisburg	1945	3	55	00:20:40	00:20:42
89	2547	Salewsky, Michael	SG Stern Düsseldorf	1965	12	35	00:20:40	00:20:43
90	2580	Theisen, Dr Oliver	SG Ruhrgas Essen	1971	8	30	00:20:42	00:20:48
91	2737	Makosch, Nils	LG Hünxe	1989	3	15	00:20:43	00:20:47
92	2745	Liß, Carolin	LG Hünxe	1990	1	15	00:20:43	00:20:47
93	2573	Küntzer, Dirk	SG Ruhrgas Essen	1976	9	22	00:20:45	00:20:48
94	2323	Müller, Lisa	ASV Duisburg	1985	1	18	00:20:46	00:20:51
95	3066	Baaske, Rolf	LG Wuppertal	1968	13	35	00:20:47	00:20:53
96	3265	Konert, Christian	LG Coesfeld	1979	10	22	00:20:48	00:20:53
97	2682	Budnik, Sven	LG Ratingen	1988	4	15	00:20:49	00:20:57
98	2681	Hüsken, Stephan	*Essen	1963	17	40	00:20:51	00:20:56
99	2699	Gusek, Herbert	USC Bochum	1951	8	50	00:20:51	00:20:55
100	2309	Dumschat, Thomas	LC Duisburg	1955	13	45	00:20:55	00:20:58
101	2630	Kreuz, Matthias	LG Dorsten	1987	12	18	00:21:01	00:21:11
102	2329	Winter, David	TUS Hamborn-Neumühl	1988	5	15	00:21:03	00:21:05
103	3279	Litschke, Herbert	Haste Töne Dinslaken	1967	14	35	00:21:07	00:21:15
104	2634	Hamann, Peter	*Mülheim an der Ruhr	1957	14	45	00:21:12	00:21:15
105	2765	Schepker, Klaus	Duathlon Team Essen	1953	9	50	00:21:13	00:21:18
106	3178	Reckel, Wolfgang	TUS Breitscheid	1959	18	40	00:21:14	00:21:19
107	2393	Reinhold, Volker	Eintracht Duisburg	1954	15	45	00:21:14	00:21:21
108	3190	Lenk, Rolf	TGÜ Gelsenkirchen	1945	4	55	00:21:16	00:21:20
109	2407	Tintrop, Markus	SG Sparkasse Mülheim e. V	1971	9	30	00:21:16	00:21:23
110	3209	Wendelin, Gustav	LT Kettwig 2000	1947	5	55	00:21:17	00:21:23
111	3183	Stelkens, Angela	TSV Viktoria Mülheim	1950	1	50	00:21:17	00:21:21
112	2516	Mellinghoff, Elke	Homberger TV	1956	1	45	00:21:17	00:21:22
113	2550	Barth, Friedhelm	MC Eschweiler	1959	19	40	00:21:19	00:21:21
114	2326	Jakobs, Manfred	ETUS Wedau	1945	6	55	00:21:20	00:21:26
115	2505	Peters, Sven	Styrumer Turnverein 1880	1971	10	30	00:21:20	00:21:28
116	2364	Görigk, Silvia	Wedau-Runner Duisburg	1967	4	35	00:21:22	00:21:27
117	2752	Backhaus, Sigrd	LG Hünxe	1954	2	45	00:21:23	00:21:29
118	3237	Blome, Jan	LG Coesfeld	1987	13	18	00:21:26	00:21:32
119	2868	Buck, Michael	*Wuppertal	1954	16	45	00:21:27	00:21:36
120	2328	Korstian, Peter	*Duisburg	1964	15	35	00:21:31	00:21:39
121	2601	Mielke, Benjamin	TV Wanheimerort	1987	14	18	00:21:31	00:21:36
122	2753	Tohermes, Gabriele	LG Hünxe	1956	3	45	00:21:32	00:21:38
123	2604	Saiid, Melanie	TV Wanheimerort	1984	2	18	00:21:33	00:21:39
124	2704	görlner, armin	SV Willich	1963	20	40	00:21:34	00:21:37
125	2471	Blomberg, Stefan	*Duisburg	1967	16	35	00:21:37	00:21:44

126	3033	Peters, Marc	*Düsseldorf	1980	11	22	00:21:38	00:21:52
127	2857	Großkämper, Ernst	GSV Geldern 09/34 e.V.	1946	7	55	00:21:39	00:21:46
128	2384	Zimmermann, Jörg	ASCD	1959	21	40	00:21:41	00:21:46
129	2760	Roeser, Sabine	LG Hünxe	1970	1	30	00:21:42	00:21:47
130	2766	Melchert, Arno	*Nettetal	1970	11	30	00:21:45	00:21:50
131	3262	Bückers, Sebastian	LG Coesfeld	1986	15	18	00:21:47	00:21:54
132	3106	Schulze, Karsten	*Mülheim	1956	17	45	00:21:49	00:22:02
133	3253	Hemkemeyer, Nicole	LG Coesfeld	1987	3	18	00:21:50	00:21:57
134	2631	Wirz-Fischer, Ursula	Tusem Essen	1953	2	50	00:21:50	00:22:02
135	2862	Uellenberg, Bernd	BSG SK Dinslaken-Voerde-H	1951	10	50	00:21:52	00:21:59
136	3158	Liefering, Wolfgang	KG Wanderfalke Essen	1936	1	65	00:21:52	00:21:58
137	2750	Dera, Alfred	LG Hünxe	1937	2	65	00:21:57	00:22:00
138	3015	Mihrmeister, Jan	*gelsenkirchen	1980	12	22	00:21:59	00:22:08
139	2930	Tenten, Arnold	Vodafone Runners	1963	22	40	00:22:03	00:22:11
140	2359	Pamotat, Ralf	LT Bittermark	1963	23	40	00:22:04	00:22:09
141	2732	Bühnen, Christian	BSG WAZ Essen	1969	12	30	00:22:04	00:22:09
142	2577	Schmuck, Martin	SG Ruhrgas Essen	1975	13	22	00:22:07	00:22:18
143	3082	Fretschen, Christian	AS Neukirchen-Vluyn	1968	17	35	00:22:07	00:22:14
144	2444	Schneider, Udo	SC Bayer 05 Uerdingen	1947	8	55	00:22:07	00:22:25
145	2739	Höpken, Björn	LG Hünxe	1990	6	15	00:22:08	00:22:15
146	3002	Horrig, Volker	LC Duisburg	1959	24	40	00:22:09	00:22:22
147	3282	Reulecke, Nina	VT 1859 Kempen	1983	2	19	00:22:10	00:22:16
148	3161	Stelzer, Georg	DJK VFR Saarn	1940	2	60	00:22:11	00:22:17
149	2683	Hillen, Dr. med. Raymund	TV Schwafheim	1951	11	50	00:22:11	00:22:22
150	2617	Hoerner, Peter	*Bottrop	1955	18	45	00:22:12	00:22:22
151	3188	Schneiderbanger, Konrad	TSV Viktoria Mülheim	1933	1	70	00:22:12	00:22:14
152	2742	Sanders, Torsten	LG Hünxe	1994	7	15	00:22:13	00:22:28
153	2769	Deelmann, Ursula	TSV Bayer 04 Leverkusen	1982	3	19	00:22:14	00:22:19
154	2564	Gies, Andreas	Running Crag	1972	13	30	00:22:16	00:22:31
155	3159	Dietsch, Christian	*Duisburg	1961	25	40	00:22:17	00:22:22
156	2892	Kalthoff, Jürgen	BSG Langlauf SSK Duisburg	1940	3	60	00:22:18	00:22:24
157	3086	Mandel, Eckhard	TB Heißen	1966	18	35	00:22:18	00:22:27
158	2476	Lempken, Heinz	*Duisburg	1932	2	70	00:22:21	00:22:27
159	2368	Peter, Ronald	HLG 98 Wuppertal	1960	26	40	00:22:26	00:22:33
160	2713	Fiedler, Michael	*Voerde	1963	27	40	00:22:27	00:22:45
161	2670	Schumacher, Holger	BSG Sparkasse Lüdenscheid	1965	19	35	00:22:30	00:22:43
162	2741	Tohermes, Yves	LG Hünxe	1991	8	15	00:22:32	00:22:41
163	2635	Mäteling, Rashid	TUB Bocholt	1986	16	18	00:22:35	00:22:40
164	3186	Lingelmann, Jürgen	TSV Viktoria Mülheim	1963	28	40	00:22:38	00:22:43
165	2950	Wagner, Norbert	AS Neukirchen-Vluyn	1950	12	50	00:22:40	00:22:45
166	3280	Littmann, Klaus	LAC THG Kettwig	1949	13	50	00:22:42	00:22:49
167	3168	Hillen, Tobias	DLRG-Rheurdt	1981	5	19	00:22:43	00:23:00
168	2508	Gbur, Gabriele	DSC Wanne-Eickel	1957	4	45	00:22:43	00:22:47
169	2343	Schier, Irmgard	Siegburger TV	1955	5	45	00:22:43	00:22:49
170	2322	Müller, Nils	ASV Duisburg	1992	9	15	00:22:44	00:22:49
171	2910	Delmich, Markus	Vodafone Runners	1969	14	30	00:22:44	00:22:54
172	3210	Nowatzki, Dirk	Oberhausener TV	1982	6	19	00:22:45	00:22:50
173	2916	Hofbauer, Jörg	Vodafone Runners	1964	20	35	00:22:45	00:22:54
174	2914	Hark, Andreas	Vodafone Runners	1967	21	35	00:22:47	00:23:00
175	3193	Müller, Karolin	LT Starlight Team Essen	1985	4	18	00:22:48	00:22:53
176	2560	Macke, Herbert	DJK Adler 07 Bottrop	1936	3	65	00:22:48	00:22:58
177	2738	Tohermes, Yannick	LG Hünxe	1988	10	15	00:22:49	00:23:06
178	2621	Kolodziej, Jürgen	SV Siemens	1967	22	35	00:22:50	00:23:02
179	2481	Steins, Reinhard	*Meerbusch	1960	29	40	00:22:51	00:23:05
180	2327	Kollender, Till Morten	LC Duisburg	1989	11	15	00:22:54	00:23:01
181	3071	Senzek, Fabian	Lauffreff Issum,Turbo Sch	1986	17	18	00:22:55	00:23:04
182	2751	Schaaf, Detlef	LG Hünxe	1953	14	50	00:22:56	00:23:03
183	2659	Körschgen, Britta	RTB Remscheid Marathon-Te	1960	3	40	00:22:56	00:23:03
184	2479	Liebern, Hans-Ulrich	TG 1856 Mülheim	1959	30	40	00:22:58	00:23:06
185	3171	Strubel, Thomas	Kanu-Club Friedrichsfeld	1973	15	30	00:23:00	00:23:06
186	3187	Rathey, Christian	TSV Viktoria Mülheim	1939	4	60	00:23:00	00:23:05
187	2748	Dickmann, Volker	LG Hünxe	1966	23	35	00:23:00	00:23:11
188	3267	Wude, Michael	LG Coesfeld	1961	31	40	00:23:01	00:23:06

189	2473	Ohlmann, Horst	LC Duisburg	1941	5	60	00:23:02	00:23:06
190	2642	Botz, Guido	*Moers	1964	24	35	00:23:05	00:23:22
191	2559	Slanina, Norbert	*Bottrop	1952	15	50	00:23:06	00:23:14
192	2718	Lupp, Monika	Marathon Mülheim	1955	6	45	00:23:07	00:23:14
193	2409	Szkudlarek, Marco	*Castrop-Rauxel	1991	12	15	00:23:07	00:23:14
194	3123	Saum, Rudolf	Trimet Aluminium AG	1950	16	50	00:23:09	00:23:17
195	2958	Niederdort, Nicole	TV Friesen Wuppertal	1982	4	19	00:23:11	00:23:30
196	2665	Hellen, Jörg	*Hünxe	1964	25	35	00:23:12	00:23:21
197	3124	Breuer, Rene	Trimet Aluminium AG	1968	26	35	00:23:13	00:23:23
198	3207	Wieder, Ulrich	LT Kettwig 2000	1966	27	35	00:23:13	00:23:21
199	3125	Esser, Rüdiger	Trimet Aluminium AG	1968	28	35	00:23:13	00:23:24
200	3133	Soltysik, Stephan	*Duisburg	1991	13	15	00:23:14	00:23:25
201	2747	Sadlo, Laura	LG Hünxe	1993	2	15	00:23:14	00:23:31
202	2609	Bieniek, Robin	*Dinslaken	1991	14	15	00:23:15	00:23:33
203	2511	Weickert, Uwe	*Gönnheim	1966	29	35	00:23:15	00:23:25
204	2321	Bluhm, Frank	Homberger TV	1966	30	35	00:23:17	00:23:23
205	2672	Stiewe, Thomas	OSC Waldniel	1961	32	40	00:23:17	00:23:24
206	2906	Beerlage, Bernhard	Vodafone Runners	1967	31	35	00:23:17	00:23:26
207	3293	Hildebrandt, Michael	ÜWG Essen 94	1959	33	40	00:23:18	00:23:27
208	2638	Brinkert, Ulrich	Taekwondo Center OB	1963	34	40	00:23:21	00:23:27
209	2909	Daniel, Oliver	Vodafone Runners	1967	32	35	00:23:21	00:23:30
210	2590	Pötter, Thomas	DJK Teutonia St. Tönis	1962	35	40	00:23:23	00:23:33
211	3152	Berg, Arne	SI Sport e.V.	1944	9	55	00:23:24	00:23:41
212	2585	Jacobs, Claudia	DJK Teutonia St. Tönis	1959	4	40	00:23:24	00:23:34
213	3145	Lehr, Jürgen	SI Sport e.V.	1971	16	30	00:23:24	00:23:41
214	3170	Ries, Holger	*Duisburg	1970	17	30	00:23:24	00:23:37
215	2582	Totzek, Detlev	SG Ruhrgas Essen	1955	19	45	00:23:25	00:23:34
216	2395	Wischerhoff, Johannes	running fish	1968	33	35	00:23:30	00:23:54
217	2398	Gipmans, Daniela	Viktoria Winnekendonk	1973	2	30	00:23:31	00:23:40
218	3119	Reck, Sandra	Trimet Aluminium AG	1976	1	22	00:23:32	00:23:51
219	2946	Miloszewski, Detlef	LT Barmeria	1952	17	50	00:23:33	00:23:49
220	3220	van Loosen, Gerhard	LG Mülheim	1939	6	60	00:23:34	00:23:41
221	3089	Lüdtke, Mischa	*Oberhausen	1955	20	45	00:23:36	00:23:42
222	3056	Guddorf, Günter	*Ratingen	1956	21	45	00:23:37	00:23:49
223	3101	Mühlberg, Martin	SG EVO/STOAG 1960	1965	34	35	00:23:38	00:23:47
224	2687	Krein, Bernd	SG 93 / 09 e.V. Essen	1963	36	40	00:23:40	00:23:51
225	3283	Höller, Ralf	*radevormwald	1964	35	35	00:23:42	00:23:54
226	3139	Philipp, Melanie	*Gelderneldern	1973	3	30	00:23:42	00:23:50
227	2743	Laak, Van, Mareike	LG Hünxe	1986	5	18	00:23:42	00:23:50
228	2562	Steinbach, Jürgen	LC Duisburg	1956	22	45	00:23:43	00:23:49
229	3143	Packross, Barbara	LG Mülheim	1954	7	45	00:23:44	00:23:50
230	2570	Hermann, Andrea	SG Ruhrgas Essen	1968	5	35	00:23:45	00:23:57
231	3215	Ruf, Christian	SG Stern Wuppertal	1973	18	30	00:23:45	00:23:59
232	3256	Hilgert, Ruth	LG Coesfeld	1961	5	40	00:23:46	00:23:55
233	2498	Horn, Helmut	BSG Stadtwerke Duisburg	1951	18	50	00:23:47	00:23:58
234	3252	Terwey, Carolin	LG Coesfeld	1988	3	15	00:23:47	00:23:54
235	2475	Schörken, Hanna	Ruhrorter TV	1985	6	18	00:23:48	00:24:04
236	2528	Mende, Michael	*Ratingen	1965	36	35	00:23:49	00:23:57
237	2431	Blauert, Uli	*Neukirchen-Vluyn	1953	19	50	00:23:50	00:24:19
238	2708	Rüdinger, Ute	*Düsseldorf	1970	4	30	00:23:51	00:24:02
239	3120	Ruckelshauß, Rolf	Trimet Aluminium AG	1949	20	50	00:23:51	00:23:51
240	2421	Kostanowicz, Frank	*Duisburg	1971	19	30	00:23:51	00:23:59
241	2647	Tack, Peter	BSG Sparkasse Essen e.V.	1962	37	40	00:23:54	00:24:03
242	3254	Lanfer, Daniela	LG Coesfeld	1977	2	22	00:23:55	00:24:04
243	2969	Wermelskirchen, David	BSG VICTORIA	1976	14	22	00:23:56	00:24:11
244	2896	Adams, Hans-Jürgen	BSG Langlauf SSK Duisburg	1953	21	50	00:23:57	00:24:15
245	2569	Blümer, Dr. Dietmar	SG Ruhrgas Essen	1957	23	45	00:23:57	00:24:12
246	2913	Flaßkamp, Christian	Vodafone Runners	1968	37	35	00:23:58	00:24:07
247	3045	Lenzen, Jürgen	Bockumer SV 1924e.V.	1964	38	35	00:23:59	00:24:14
248	2545	Nottebohm, Helga	TS 1912 Mülheim-Ruhr-Saar	1960	6	40	00:23:59	00:24:11
249	2507	Gbur, Peter	DJK TUS 1910 Rotthausen	1951	22	50	00:24:01	00:24:04
250	3003	von Wolff, Markus	VC Fabrik Duisburg	1960	38	40	00:24:01	00:24:16
251	2874	Hilder, Friedhelm	*Oberhausen	1936	4	65	00:24:03	00:24:10

252	3070	Lauritsch, Tobias	*Duisburg	1990	15	15	00:24:05	00:24:25
253	3213	Simon, Frank	SG Stern Wuppertal	1964	39	35	00:24:06	00:24:19
254	3043	Schröder, Dieter	*Hilden	1937	5	65	00:24:06	00:24:11
255	2453	Niklass, Peter	*Oberhausen	1961	39	40	00:24:06	00:24:14
256	2733	Rüther, Rebekka	*Mülheim	1985	7	18	00:24:07	00:24:14
257	3245	Tekath, Timm	*Duisburg	1989	16	15	00:24:08	00:24:22
258	3121	Schöll, Elmar	Trimet Aluminium AG	1964	40	35	00:24:08	00:24:15
259	2640	POHL, GUIDO	GRUBENWEHR BW WEST	1966	41	35	00:24:09	00:24:25
260	2458	Bongers, Dennis	MSV Duisburg LT	1986	18	18	00:24:12	00:24:23
261	2894	Woelz, Rudolf	BSG Langlauf SSK Duisburg	1970	20	30	00:24:13	00:24:21
262	2336	Blaß, Udo	*Dinslaken	1952	23	50	00:24:13	00:24:23
263	2358	Leesten, Robert	SSV Erkrath	1960	40	40	00:24:14	00:24:34
264	2936	Wöhrmann, Ken	TUSPO Huckingen	1991	17	15	00:24:14	00:24:26
265	2953	Stienen, Willi	WWDI	1956	24	45	00:24:16	00:24:40
266	3184	Engels, Klaus-Dieter	TSV Viktoria Mülheim	1957	25	45	00:24:17	00:24:31
267	2594	Bercz, Stefan	DJK Teutonia St. Tönis	1964	42	35	00:24:18	00:24:42
268	2379	Luetzenkirchen, Christoph	*Duisburg	1959	41	40	00:24:20	00:24:39
269	2451	Braun, Klaus-Peter	*Duisburg	1948	10	55	00:24:20	00:24:25
270	2664	Müller, Annika	TG Tria Rüsselsheim	1974	3	22	00:24:21	00:24:39
271	3164	Borgmeier, Jutta	*Mülheim	1969	5	30	00:24:23	00:24:44
272	3258	Gerding, Verena	LG Coesfeld	1990	4	15	00:24:25	00:24:32
273	2501	Rafalski, Karl	BSG Stadtwerke Duisburg	1953	24	50	00:24:25	00:24:37
274	2869	Geiser, Zuzana	Ski Club Duisburg	1952	3	50	00:24:27	00:24:35
275	2523	Hellermann, Klaus	Squash Club Wipperf.	1961	42	40	00:24:27	00:24:35
276	2443	Märker, Reinhard	*Duisburg	1956	26	45	00:24:27	00:24:47
277	3151	Mehlich, Hans-Peter	SI Sport e.V.	1959	43	40	00:24:27	00:24:45
278	2771	Kunkel, Lothar	TV Jahn Duisburg	1955	27	45	00:24:29	00:24:35
279	2584	Plischke, Gaby	DJK Teutonia St. Tönis	1958	8	45	00:24:30	00:24:49
280	2403	Burs, Karl-Heinz	*Duisburg	1954	28	45	00:24:30	00:24:51
281	2408	Kellner, Karin	SG Sparkasse Mülheim e. V	1969	6	30	00:24:31	00:24:44
282	3141	Räth, Werner	LT Barmania	1942	7	60	00:24:31	00:24:47
283	3246	Holtthaus, Claudia	TUS Breitscheid	1966	6	35	00:24:32	00:24:47
284	3219	Ettelt, Elfi	TLV Germania Überruhr	1953	4	50	00:24:34	00:24:44
285	2957	Edeler, Veronika	Bunert Running Team	1966	7	35	00:24:36	00:24:51
286	2644	Dudenbostel, Friedhelm	DJK VFR Saarn	1943	8	60	00:24:38	00:24:46
287	2374	Wallhorn, Marius	MSV Duisburg	1987	19	18	00:24:38	00:24:52
288	2456	Schilling-Frenk, Peter	Spalter Rhede	1975	15	22	00:24:39	00:24:55
289	3200	Schäben, Inge	OSC Waldniel	1976	4	22	00:24:40	00:24:46
290	2468	Buklewski, Theo	BWN Dental Technik	1951	25	50	00:24:41	00:25:00
291	2483	Scharf, Timo	*Mülheim	1991	18	15	00:24:41	00:24:52
292	3064	Demmel, Thorsten	*Duisburg	1967	43	35	00:24:42	00:25:03
293	3023	Urban, Klaus	*Mülheim	1955	29	45	00:24:42	00:25:06
294	2353	Schmeer, Michael	FC Viktoria Alpen	1961	44	40	00:24:43	00:24:56
295	2576	Pokora, Gregor	SG Ruhrgas Essen	1966	44	35	00:24:44	00:24:56
296	2623	Fieser, Heinz	*Duisburg	1951	26	50	00:24:44	00:24:50
297	3046	Rueben, Sabine	SC Bayer 05 Uerdingen	1981	5	19	00:24:44	00:25:00
298	2777	Pohl, Tim	*Moers	1993	19	15	00:24:45	00:24:58
299	2686	Malgut, Lothar	SG 93 / 09 e.V. Essen	1950	27	50	00:24:46	00:24:58
300	2546	Hasselkamp, Klaus-Peter	LG Malteser Krankenhaus	1947	11	55	00:24:48	00:25:01
301	3014	Haar, Christian	*Duisburg	1969	21	30	00:24:49	00:24:59
302	2519	Götzen-Börke, Gabriele	Homberger TV	1965	8	35	00:24:50	00:24:57
303	3075	Koopmann, Silvia	*Duisburg	1971	7	30	00:24:51	00:25:01
304	2612	Büchel, Manfred	DJK VFR Saarn	1950	28	50	00:24:51	00:25:02
305	2422	Beese, Klaus	*Mülheim	1951	29	50	00:24:55	00:25:11
306	2544	Braun, Marina	TS 1912 Mülheim-Ruhr-Saar	1990	5	15	00:24:55	00:25:06
307	3140	Goertz, Gerhard	LT Schnecke Sonsbeck	1939	9	60	00:24:56	00:25:08
308	2887	Walschus, Martina	LC Duisburg	1964	9	35	00:24:58	00:25:07
309	3087	Burs, David	*Duisburg	1989	20	15	00:24:59	00:25:20
310	2355	Brauner, Kirstin	TUS Hamborn-Neumühl	1968	10	35	00:24:59	00:25:08
311	2911	Dewes, Rainer	Vodafone Runners	1961	45	40	00:25:00	00:25:21
312	2945	Röse, Alfred	LT Barmania	1945	12	55	00:25:00	00:25:15
313	3166	Deselaers, Kerstin	DLRG-Rheurdt	1986	8	18	00:25:00	00:25:18
314	2675	Buchloh, Günter	*Mülheim an der Ruhr	1965	45	35	00:25:01	00:25:08

315	3102	Welz, Franziska	LF HADI Wesel	1992	6	15	00:25:04	00:25:14
316	2347	Hörsken, Bernadette	FC Viktoria Alpen	1959	7	40	00:25:04	00:25:19
317	3025	Benning, Klaus	*Mülheim	1961	46	40	00:25:05	00:25:26
318	2598	Dengler, Lothar	Marathon Dinslaken	1956	30	45	00:25:05	00:25:22
319	2880	Bialik, Matthias	Logger Jogger Duisburg	1970	22	30	00:25:06	00:25:14
320	3284	Hilgert, Theresa	LG Coesfeld	1989	7	15	00:25:07	00:25:15
321	2870	Schmitz, Reiner	LG Mülheim	1958	31	45	00:25:07	00:25:21
322	2863	Lehmann, Ralf	TS Rahm	1966	46	35	00:25:08	00:25:22
323	3165	Geiger, Harald	BSV König Brauerei	1961	47	40	00:25:09	00:25:24
324	2697	Langs, Stefan	BSG Sparkasse Lüdenscheid	1968	47	35	00:25:09	00:25:30
325	2350	Rösken, Bettina	FC Viktoria Alpen	1966	11	35	00:25:10	00:25:26
326	2679	Staats, Klaus	Pallas-Gym	1964	48	35	00:25:11	00:25:17
327	2385	Runkel, Dirk	*Mülheim an der Ruhr	1976	16	22	00:25:15	00:25:32
328	2973	Hageney, Willi	LT Schnecke Sonsbeck	1952	30	50	00:25:16	00:25:29
329	2506	Esser, Stephanie	Styrumer Turnverein 1880	1989	8	15	00:25:18	00:25:30
330	2981	Wrobel, Frank	BSG SSK Oberhausen	1971	23	30	00:25:19	00:25:34
331	2346	Quinders, Hannelore	FC Viktoria Alpen	1958	9	45	00:25:19	00:25:33
332	2883	Kosubek, Egon	Marathon Dinslaken	1933	3	70	00:25:22	00:25:28
333	3017	Selle, Thomas, E.R.	*Essen	1971	24	30	00:25:22	00:25:43
334	3195	Niehaus, Frederik	Coolrunners Gescher	1991	21	15	00:25:23	00:25:41
335	2426	Bischof, Helmut	Stadt Duisburg	1950	31	50	00:25:23	00:25:45
335	2948	Neubauer, Wolfgang	AS Neukirchen-Vluyn	1936	6	65	00:25:23	00:25:30
337	3067	Schmitz, Nicole	*Essen	1969	8	30	00:25:26	00:25:43
338	2734	Galhofer, Frank	*Duisburg	1965	49	35	00:25:27	00:25:41
339	3052	Lauritsch, Wilhelm-Hendri	*Duisburg	1967	50	35	00:25:27	00:25:47
340	3238	Konert, Anna-Lena	LG Coesfeld	1989	9	15	00:25:28	00:25:34
341	2469	Cos, Philipp	*Duisburg	1989	22	15	00:25:31	00:25:40
342	2534	Bochmann, Tankred	Marathon Dinslaken	1962	48	40	00:25:34	00:25:49
343	2970	Panzog, Stefan	BSG VICTORIA	1967	51	35	00:25:34	00:25:57
344	2306	Stratmann, Norbert	SG Ruhrgas Essen	1940	10	60	00:25:35	00:26:07
345	2926	Sadlowski, Erich	Vodafone Runners	1966	52	35	00:25:37	00:25:46
346	2540	Bruchhausen, Anja	Marathon Dinslaken	1970	9	30	00:25:38	00:25:55
347	2363	Dulisch, Doris	*Krefeld	1961	8	40	00:25:41	00:25:52
348	2493	Seidel, Edeltraut	Lauftreff Wesel 130	1936	1	65	00:25:44	00:25:51
349	2949	Krude, Horst	AS Neukirchen-Vluyn	1940	11	60	00:25:46	00:25:53
349	2678	Schnitgerhans, Birgit	BSG WAZ Essen	1965	12	35	00:25:46	00:25:58
351	2611	Helle, Bernhard	BSG WAZ Essen	1953	32	50	00:25:46	00:25:58
352	2998	Krieger, Ingeborg	TSV Hochdahl	1950	5	50	00:25:49	00:25:57
353	2907	Böhler, Markus	Vodafone Runners	1974	17	22	00:25:51	00:26:12
354	2592	Block, Klaus	DJK Teutonia St. Tönis	1953	33	50	00:25:51	00:26:09
354	3029	Schumacher, Peter	*Dinslaken	1962	49	40	00:25:51	00:26:09
356	2345	Bredick, Petra	LF Serm	1962	9	40	00:25:53	00:26:07
357	3011	Krayer, Rudolf	*Ratingen	1946	13	55	00:25:54	00:26:17
358	2348	Dittmann, Ute	FC Viktoria Alpen	1961	10	40	00:25:54	00:25:59
359	3172	Strubel, Wolfgang	Kanu-Club Friedrichsfeld	1971	25	30	00:25:56	00:26:11
360	2657	Nest, Wolfgang	*Duisburg	1962	50	40	00:25:57	00:26:17
361	2335	Neikes, Holger	*Duisburg	1956	32	45	00:25:58	00:26:04
361	2401	Müller, Dr. Frank	TC Solvay	1963	51	40	00:25:58	00:26:20
363	2339	Naroska, Wolfgang	*Essen	1942	12	60	00:25:58	00:26:17
364	2357	Schlott, Frank	Tuspo Saarn	1966	53	35	00:25:58	00:26:24
365	2446	Niekamp, Sara	running fish	1976	5	22	00:25:59	00:26:23
366	2491	Vaassen, Wilfried	TV 1865 Ratingen	1944	14	55	00:26:00	00:26:19
367	3179	Reichenberger, Carmen	TUS Breitscheid	1959	11	40	00:26:03	00:26:25
368	2674	Fux, Hans	*Mülheim an der Ruhr	1964	54	35	00:26:03	00:26:11
369	3275	Berndt, Wilfried	CSV Marathon Krefeld	1949	34	50	00:26:04	00:26:20
370	2314	Flick, Ricardo	*Westerburg	1992	23	15	00:26:04	00:26:22
371	2858	Schelhas, Volker	MTG Horst Essen	1971	26	30	00:26:05	00:26:27
372	2730	Happe, Kerstin	MTG Horst Essen	1967	13	35	00:26:05	00:26:26
372	3157	Rumpel, Michel	*Voerde	1985	20	18	00:26:05	00:26:30
374	2531	Dumschat, Linda	ASV Duisburg	1986	9	18	00:26:05	00:26:10
375	2902	Vanscheidt, Jürgen	*Mülheim	1957	33	45	00:26:06	00:26:21
376	2510	Oestreich, Uschi	TV Trebur	1959	12	40	00:26:06	00:26:25
377	3259	Strickling, Maren	LG Coesfeld	1986	10	18	00:26:07	00:26:14

378	2555	Staiber, Hans-Dieter	TUSPO Huckingen	1952	35	50	00:26:07	00:26:29
378	3111	Bartels, Swantje	Wassersportverein Mülheim	1971	10	30	00:26:07	00:26:38
380	3224	Eicker, Christian	TUS Ennepe 1926	1988	24	15	00:26:07	00:26:23
381	2428	Verfürth, Andreas	*Neukirchen-Vluyn	1963	52	40	00:26:08	00:26:33
382	2717	Fricke, Carmen	*Mülheim an der Ruhr	1964	14	35	00:26:09	00:26:18
383	3019	Kolb, Stefan	TG 1856 Mülheim	1994	25	15	00:26:11	00:26:27
384	2533	Hallmann, Ulrich	Marathon Dinslaken	1960	53	40	00:26:13	00:26:28
385	2908	Brand, Martin	Vodafone Runners	1968	55	35	00:26:13	00:26:41
386	2454	Kramer, Anna	TV Eppinghofen Mülheim	1992	10	15	00:26:17	00:26:26
387	2996	Schneider, Sabine	BSG SSK Oberhausen	1975	6	22	00:26:17	00:26:37
388	2972	Howahl, Friedel	LT Schnecke Sonsbeck	1946	15	55	00:26:19	00:26:32
389	3199	Bliesner, Maximilian	*Duisburg	1982	7	19	00:26:20	00:26:34
390	2366	Fettes, Nicole	LT Krefelder Sprudel	1970	11	30	00:26:20	00:26:37
391	2919	Kraff, Torsten	Vodafone Runners	1972	27	30	00:26:20	00:26:36
392	2990	Ringert, Michael	BSG SSK Oberhausen	1968	56	35	00:26:20	00:26:44
393	2867	Buck, Monika	*Wuppertal	1953	6	50	00:26:21	00:26:42
394	2643	Dudenbostel, Anne	DJK VFR Saarn	1948	1	55	00:26:23	00:26:34
395	2566	Schepers, Bernd	Homberger TV	1937	7	65	00:26:23	00:26:42
396	3273	Berendes, Reinhard	*Essen	1953	36	50	00:26:23	00:26:36
397	2632	Juschka, Bettina	*Duisburg	1062			00:26:24	00:26:30
398	2995	Berger, Ulrich	BSG SSK Oberhausen	1953	37	50	00:26:24	00:26:43
399	3069	Kasper, Iris	*Oberhausen	1967	15	35	00:26:24	00:26:44
400	2553	Diemers, Georg	TUSPO Huckingen	1961	54	40	00:26:25	00:26:49
401	2324	Romey, Wolfgang	*Düsseldorf	1948	16	55	00:26:25	00:26:31
402	3217	Birwe, Margrit	TLV Germania Überraehr	1943	1	60	00:26:26	00:26:39
403	3232	Roth, Ulrike	Tusem Essen	1955	10	45	00:26:27	00:26:39
404	2429	Fritsch, Marion	*Neukirchen-Vluyn	1959	13	40	00:26:29	00:26:54
405	2474	Schörken, Dr., Gerhard	*Duisburg	1959	55	40	00:26:32	00:26:53
406	3212	Simon, Kirsten	SG Stern Wuppertal	1967	16	35	00:26:34	00:26:48
407	3248	Weller, Angelika	TSV Hochdahl	1937	2	65	00:26:34	00:26:46
408	2905	Flores, Dagmar	Essener Skiklub	1969	12	30	00:26:35	00:26:50
409	2315	Simon, Gaby	*Meerbusch	1946	2	55	00:26:35	00:26:50
410	3114	Wolff, Werner	*Duisburg	1953	38	50	00:26:35	00:26:53
411	3022	Menken, Prof. Dr. Frankov	*Duisburg	1971	28	30	00:26:38	00:27:09
412	2308	Hottenrott, Ines	Angertreff	1959	14	40	00:26:40	00:26:52
413	2509	Kujas, Ariane	*Langenfeld	1958	11	45	00:26:41	00:26:58
414	2578	Schmuck, Nicole	SG Ruhrgas Essen	1975	7	22	00:26:42	00:26:54
415	2955	Luck, Sabine	EVK Düsseldorf Marathon-T	1968	17	35	00:26:42	00:26:58
416	2853	Dietrich, Anne	*Duisburg	1961	15	40	00:26:42	00:27:06
417	2535	Drews, Günter	Marathon Dinslaken	1954	34	45	00:26:44	00:27:03
418	2850	Brodowski, Boris	DLRG Alpen	1970	29	30	00:26:44	00:27:04
419	3218	Struwe, Susanne	TLV Germania Überraehr	1959	16	40	00:26:45	00:26:56
420	3047	Jakobs, Karl-Heinz	TSV Berge-Westerbauer 187	1949	39	50	00:26:45	00:26:52
421	3223	Steinbach, Marius	TUS Ennepe 1926	1992	26	15	00:26:46	00:27:02
422	2954	Kocks, Wolfgang	WWDI	1946	17	55	00:26:46	00:27:09
423	2520	Krusdick, Uschi	Weseler LT	1943	2	60	00:26:47	00:26:58
424	2877	Winkler, Wolfgang	*Düsseldorf	1952	40	50	00:26:47	00:27:05
425	2595	Günther, Karl-Heinz	ETUS Wedau	1957	35	45	00:26:48	00:26:58
426	2703	Dewald, Karl-Heinz	*Duisburg	1944	18	55	00:26:50	00:26:54
427	3204	Büsching, Gitta	LT Kettwig 2000	1947	3	55	00:26:51	00:27:01
428	2994	Scheike, Thomas	BSG SSK Oberhausen	1968	57	35	00:26:53	00:27:13
429	2889	Bolling, Annette	BSG Langlauf SSK Duisburg	1979	8	22	00:26:54	00:27:12
430	2433	Arentz, Klaus-Peter	*Duisburg	1958	36	45	00:26:54	00:27:13
431	3132	Reißner, Sabrina	*Duisburg	1980	9	22	00:26:54	00:27:07
432	3130	Jost, Paul	SUS Dinslaken	1925	1	75	00:26:56	00:27:06
433	2653	Kridde, Axel	*Rheinberg	1961	56	40	00:26:59	00:27:17
434	2603	Wolff, Angelika	TV Wanheimerort	1951	7	50	00:26:59	00:27:04
435	2768	Schwalbe, Dietmar	*Dinslaken	1942	13	60	00:27:02	00:27:31
436	2497	Ercan, Mehmet	BSG Stadtwerke Duisburg	1960	57	40	00:27:03	00:27:28
437	2413	Burmann, Dieter	*Duisburg	1960	58	40	00:27:03	00:27:26
438	3255	Wude, Annett	LG Coesfeld	1964	18	35	00:27:04	00:27:13
439	2586	Block, Ursula	DJK Teutonia St. Tönis	1954	12	45	00:27:04	00:27:20
440	3286	Jong, de, Christiane	*Duisburg	1968	19	35	00:27:05	00:27:32

441	2377	Becker, Heike	TV Trebur	1963	17	40	00:27:07	00:27:24
442	2341	Karcher, Gerd	*Duisburg	1953	41	50	00:27:07	00:27:20
443	2865	Zinkand, Josef	SF Ennepetal	1946	19	55	00:27:09	00:27:30
444	2986	Galonska, Peter	BSG SSK Oberhausen	1949	42	50	00:27:09	00:27:28
445	2866	Groß, Margrit	SF Ennepetal	1949	8	50	00:27:09	00:27:31
446	2676	Kamp, Diane	*Moers	1974	10	22	00:27:12	00:27:29
447	2925	Pschyrrer, Thomas	Vodafone Runners	1966	58	35	00:27:13	00:27:34
448	3205	Dudjan, Christel	LT Kettwig 2000	1951	9	50	00:27:13	00:27:23
449	2698	Petrick, Beate	*Ratingen	1969	13	30	00:27:13	00:27:44
450	2502	Wahn, Michael	BSG Stadtwerke Duisburg	1958	37	45	00:27:15	00:27:27
451	3020	Schlotmann, Uwe	*Duisburg	1958	38	45	00:27:16	00:27:31
452	2561	Gerlach, Irmgard	TV Walsum Aldenrade	1953	10	50	00:27:18	00:27:30
453	2530	Lackum, von, Kai	*Duisburg	1976	18	22	00:27:18	00:27:43
454	3024	Urban, Michaela	DTV 1885	1963	18	40	00:27:18	00:27:42
455	2457	Machowinski, Natalie	LC Duisburg	1980	11	22	00:27:18	00:27:43
456	3116	Laub, Joachim	Trimet Aluminium AG	1948	20	55	00:27:18	00:27:49
457	2477	Kemna, Michaela	Angerrunner Duisburg	1955	13	45	00:27:19	00:27:36
458	3251	Buchholz-Janissen, Bärbel	*Duisburg	1965	20	35	00:27:20	00:27:37
459	2878	Seckler, Frank	*Oberhausen	1960	59	40	00:27:24	00:27:44
460	3257	Konert, Doris	LG Coesfeld	1954	14	45	00:27:24	00:27:34
461	2898	Lamerz, Heike	BSG Langlauf SSK Duisburg	1960	19	40	00:27:25	00:27:45
462	2625	Donner, Klaus	LT Winnekendonk	1958	39	45	00:27:25	00:27:45
463	2430	Fetzer, Karin	*Neukirchen-Vluyn	1959	20	40	00:27:28	00:27:52
464	2854	Ecker, Gaby	LT Mismahlshof	1958	15	45	00:27:28	00:27:52
465	2514	Florin, Martin	Running Crag	1980	19	22	00:27:30	00:27:52
466	3167	Mölders, Andrea	DLRG-Rheurdt	1987	11	18	00:27:31	00:27:50
467	2470	Starzan, Ulrike	*Duisburg	1960	21	40	00:27:31	00:27:55
468	3155	Bremenkamp, Volker	*Duisburg	1968	59	35	00:27:33	00:27:57
469	2879	Sauer, Manuela	*Mülheim	1963	22	40	00:27:34	00:27:55
470	2425	Bremer, Cornelia	*Essen	1965	21	35	00:27:36	00:28:00
471	2694	Lis, Gerd	*Dinslaken	1955	40	45	00:27:36	00:27:54
472	2494	Schmitt, Rudolf	*Duisburg	1944	21	55	00:27:36	00:28:01
473	2859	Swillus, Sonja	LG Meidericher Laufteufel	1968	22	35	00:27:40	00:27:54
474	2729	Boruszewski, Wilfried	BSG König Brauerei	1954	41	45	00:27:41	00:27:57
475	3177	Neumann, Dieter	TUS Breitscheid	1934	8	65	00:27:42	00:28:01
475	3169	Steinke, Mathias	Stone Alone	1969	30	30	00:27:42	00:27:53
477	3287	Stangel, Karsten	*Mülheim	1970	31	30	00:27:43	00:28:10
478	2571	Kiel-Tippner, Stephanie	SG Ruhrgas Essen	1967	23	35	00:27:43	00:28:14
479	3054	Fell, Marc	Running Gag	1969	32	30	00:27:43	00:28:03
480	3092	Biermann, Ulrike	*Ratingen	1956	16	45	00:27:44	00:28:14
481	3073	Richter-Nolte, Heidi	LT Issum, Turbo Schnecken	1962	23	40	00:27:44	00:28:07
482	2579	Rohr, Swantje	SG Ruhrgas Essen	1966	24	35	00:27:45	00:28:14
483	2487	Pelzer, Dieter	LBN Duisburg	1939	14	60	00:27:45	00:27:57
484	2400	Milz, Gabriele	*Mönchengladbach	1964	25	35	00:27:46	00:28:03
485	2934	Postmeyer, Astrid	*Duisburg	1955	17	45	00:27:46	00:28:09
486	2567	Schepers, Dorothea	Homberger TV	1939	3	60	00:27:49	00:28:08
487	2495	Giesberg, Rita	*Duisburg	1959	24	40	00:27:52	00:28:15
488	2941	Klaus, Elke	LT Barmenia	1959	25	40	00:27:55	00:28:23
489	2532	Wichert, Sebastian	Marathon Dinslaken	1988	27	15	00:27:58	00:28:28
490	2960	Stumm, Udo	*Duisburg	1948	22	55	00:28:01	00:28:13
491	2885	Fliege, Andrea	Sterkrade Nord	1969	14	30	00:28:01	00:28:27
492	2939	Weingran, Hans	LG DEMAG	1943	15	60	00:28:02	00:28:30
493	3061	Aust, Günter	*Krefeld	1957	42	45	00:28:02	00:28:33
494	3270	Heese, Joachim	TC Köln Jena	1954	43	45	00:28:04	00:28:28
495	2312	Simon, Peter	*Meerbusch	1940	16	60	00:28:04	00:28:20
496	3049	Stephanik, Reiner	MSV Duisburg LT	1950	43	50	00:28:05	00:28:19
497	3235	Hegerich, Wolfgang	TG 1881 Düsseldorf	1946	23	55	00:28:06	00:28:16
498	2351	Peiter, Ingrid	FC Viktoria Alpen	1968	26	35	00:28:06	00:28:22
499	3068	Schmidt, Bernd	*Duisburg	1966	60	35	00:28:06	00:28:32
500	2539	Karden, Wilfried	Marathon Dinslaken	1936	9	65	00:28:07	00:28:21
501	2414	Erlenstedt, Peter	*Duisburg	1956	44	45	00:28:08	00:28:26
502	2313	Baur, Willi	*Meerbusch	1940	17	60	00:28:13	00:28:27
503	2977	Schulte, Uschi	LT Schnecke Sonsbeck	1950	11	50	00:28:13	00:28:38



504	2974	Hegger, Marlene	LT Schnecke Sonsbeck	1965	27	35	00:28:13	00:28:38
505	2727	Michely, Helen	*Moers	1948	4	55	00:28:14	00:28:20
506	2978	Paßens, Elfriede	LT Schnecke Sonsbeck	1952	12	50	00:28:14	00:28:40
507	2875	Lippke, Rainer	Eintracht Duisburg	1947	24	55	00:28:15	00:28:36
508	2316	Flick, Katja	*Duisburg	1969	15	30	00:28:17	00:28:35
509	3093	Krebber, Sarah	*Geldern	1984	12	18	00:28:18	00:28:41
510	3146	Fischbach, Alexandra	SI Sport e.V.	1970	16	30	00:28:18	00:28:42
511	2856	van Vugt, Katja	GSV Geldern 09/34 e.V.	1983	6	19	00:28:18	00:28:41
512	2864	Waßer, Karina	*Mülheim	1962	26	40	00:28:20	00:28:42
513	2310	Siepen, Anja	*Oberhausen	1971	17	30	00:28:23	00:28:43
514	2624	Schilbach, Marion	LT Krefelder Sprudel	1959	27	40	00:28:23	00:28:36
515	2608	Tommek, Monika	*Düsseldorf	1961	28	40	00:28:25	00:28:49
516	2606	Bär, Petra	*Düsseldorf	1962	29	40	00:28:26	00:28:49
517	3154	Bremenkamp, Sabine	*Duisburg	1971	18	30	00:28:26	00:28:50
518	3094	Doll, Mario	LC Nettetal	1967	61	35	00:28:27	00:28:53
519	2976	Hemmers, Ulla	LT Schnecke Sonsbeck	1955	18	45	00:28:27	00:28:52
520	2380	Schmidt, Hans-Werner	*Duisburg	1952	44	50	00:28:27	00:28:46
521	2392	Koehler, Klaus	*Krefeld	1947	25	55	00:28:28	00:28:54
522	2851	Fürst, Anica	*Velbert	1982	7	19	00:28:28	00:29:02
523	2538	Rühl, Günter	Marathon Dinslaken	1939	18	60	00:28:29	00:28:47
524	2418	Gocke, Dr. med. Carola	*Essen	1964	28	35	00:28:31	00:29:05
525	2499	Keuser, Hans-Joachim	BSG Stadtwerke Duisburg	1950	45	50	00:28:36	00:29:02
526	3128	Hoffmann, Ute	Essener Skiklub	1961	30	40	00:28:38	00:28:54
527	3005	Gerhards, Martina	Grindsbruchgazellen	1972	19	30	00:28:38	00:29:04
528	3206	Jansen, Torsten	LT Kettwig 2000	1968	62	35	00:28:38	00:28:46
529	2897	Paffrath, Andrea	BSG Langlauf SSK Duisburg	1968	29	35	00:28:38	00:29:05
530	3028	Körner, Heike	Essener Skiklub	1964	30	35	00:28:38	00:28:53
531	3162	Bliesner, Friedhelm	*Duisburg	1948	26	55	00:28:39	00:28:54
532	2415	Klees, Tanja	Styrumer Turnverein 1880	1975	12	22	00:28:40	00:29:07
533	2901	Harzheim, Claudia	Essener Skiklub	1959	31	40	00:28:40	00:29:01
534	2616	Schmitz-Justen, Andreas	LT Krefelder Sprudel	1960	60	40	00:28:40	00:28:53
535	3108	Baum, Christoph	*Ratingen	1965	63	35	00:28:40	00:29:10
536	3241	Hausmann, Anja	*Willich	1970	20	30	00:28:41	00:29:09
537	3004	David, Bianca	Grindsbruchgazellen	1973	21	30	00:28:42	00:29:06
538	3107	Köller, Ulrich	TV Jahn DU-Hochfeld	1935	10	65	00:28:43	00:29:11
539	2904	Bukowski, Susanne	Essener Skiklub	1965	31	35	00:28:44	00:29:06
540	3144	Stöcker, Nicole	SI Sport e.V.	1970	22	30	00:28:44	00:29:10
541	2543	Ludwig, Birgit	Marathon Dinslaken	1957	19	45	00:28:45	00:29:12
542	2903	Leukel, Birgit	Essener Skiklub	1963	32	40	00:28:46	00:29:08
543	2416	Lorz, Jörg	ESV-Hohenbudberg	1965	64	35	00:28:46	00:29:06
544	3271	Scheuerer, Angelika	LT Rennhamster	1956	20	45	00:28:48	00:29:08
545	2537	Lentzen, Friedel	Marathon Dinslaken	1946	27	55	00:28:48	00:29:02
546	2541	Lonny, Andrea	Marathon Dinslaken	1964	32	35	00:28:49	00:29:18
547	2770	Schilling, Elli	*Moers	1983	8	19	00:28:50	00:28:57
548	2641	Potschka, Volker	*Moers	1966	65	35	00:28:51	00:29:07
549	2354	Weitzel, Uschi	*Monheim	1956	21	45	00:28:51	00:29:03
550	3000	Daube, Dr. Thomas	*Duisburg	1969	33	30	00:28:53	00:29:21
551	2755	Block Dr., Helga	Tusem Essen	1956	22	45	00:28:55	00:29:26
552	2618	Hoppe, Simone	LG FSUe	1978	13	22	00:28:59	00:29:28
553	2888	Wagner, Birgit	*Duisburg	1965	33	35	00:28:59	00:29:29
554	3129	Albertini, Werner	Rumelner TV 1900	1943	19	60	00:29:01	00:29:25
555	2652	Mrozek, Thomas	*Rheinberg	1961	61	40	00:29:04	00:29:23
556	3247	Loeffler, Stefanie	*Dinslaken	1968	34	35	00:29:06	00:29:39
557	2402	Müller, Ute	TC Solvay	1963	33	40	00:29:06	00:29:29
558	2655	Schauties, Melanie	BSG Sparkasse Lüdenscheid	1973	23	30	00:29:08	00:29:36
559	3021	Haves, Anne	*Duisburg	1971	24	30	00:29:08	00:29:40
560	2399	Flügel, Frank	GSV Moers	1956	45	45	00:29:10	00:29:35
561	3281	Brieden, Karin	VT 1859 Kempen	1960	34	40	00:29:11	00:29:42
562	3105	Fenke, Monika	*Duisburg	1960	35	40	00:29:11	00:29:33
563	2524	Kietzmann, Beate	Squash Club Wipperf.	1960	36	40	00:29:12	00:29:22
564	2417	Lohmann, Brigitte	LT Krefeld- Oppum	1966	35	35	00:29:13	00:29:37
565	2303	Fünten, aus der, Anja	*Duisburg	1975	14	22	00:29:16	00:29:43
566	2991	Kircher, Sabine	BSG SSK Oberhausen	1972	25	30	00:29:16	00:29:47

567	2448	Worm, Bettina	SG Stern Düsseldorf	1968	36	35	00:29:17	00:29:41
568	2746	Winkler, Cora	LG Hünxe	1992	11	15	00:29:17	00:29:44
569	3201	Neumann, Anke	*Essen	1966	37	35	00:29:17	00:29:31
570	2975	Howahl, Gabi	LT Schnecke Sonsbeck	1949	13	50	00:29:18	00:29:43
571	2942	Klaus, Ralf	LT Barmenia	1958	46	45	00:29:20	00:29:48
572	2684	Budnik, Joachim	LG Ratingen	1957	47	45	00:29:20	00:29:41
573	2959	Melcher, Beate	TV Friesen Wuppertal	1950	14	50	00:29:21	00:29:47
574	2552	Diemers, Monika	TUSPO Huckingen	1962	37	40	00:29:22	00:29:47
575	2439	Reichel, Martina	*Moers	1975	15	22	00:29:23	00:29:42
576	3103	Rieck, Charlotte	LF HADI Wesel	1957	23	45	00:29:23	00:29:49
577	2668	Kortmann, Iris	BSG Sparkasse Lüdenscheid	1967	38	35	00:29:23	00:29:50
578	2762	Kluth, Andrea	BSG Stadtwerke Duisburg	1966	39	35	00:29:24	00:29:52
579	2935	Kemperdick, Silke	*Duisburg	1962	38	40	00:29:25	00:29:47
580	2764	Kluth, Andreas	BSG Stadtwerke Duisburg	1959	62	40	00:29:26	00:29:53
581	3104	Heikamp, Sandra	LF HADI Wesel	1970	26	30	00:29:26	00:29:52
582	2881	Küpper, Wilfried	*Duisburg	1955	48	45	00:29:26	00:29:37
583	2437	Hardt, Jürgen	*Duisburg	1956	49	45	00:29:27	00:29:58
584	3118	Heun, Michael	Trimet Aluminium AG	1957	50	45	00:29:28	00:29:59
585	2646	Tack, Elfriede	BSG Sparkasse Essen e.V.	1961	39	40	00:29:29	00:30:00
586	3233	Neumann, Ulrich	Ski Club Remscheid	1943	20	60	00:29:30	00:29:51
587	3214	Drossard, Andreas	SG Stern Wuppertal	1964	66	35	00:29:34	00:29:58
588	3117	Wegner, Norbert	Trimet Aluminium AG	1950	46	50	00:29:36	00:30:07
589	3072	Senzek, Nora	LT Issum, Turbo Schnecken	1954	24	45	00:29:37	00:30:00
590	2525	Lanfermann, Johannes	Squash Club Wipperf.	1961	63	40	00:29:38	00:29:46
591	3060	Aust, Heike	LT Hülser Bruch	1961	40	40	00:29:41	00:30:12
592	3059	van de Loo, Annette	Laufftreff Hülser Bruch	1959	41	40	00:29:41	00:30:13
593	3216	Stahhuber, Josef	SG Stern Wuppertal	1949	47	50	00:29:45	00:30:08
594	2583	Wegner, Laura	SG Ruhrgas Essen	1981	9	19	00:29:45	00:30:18
595	2735	Vorrath, Birte	*Mülheim	1988	12	15	00:29:46	00:30:08
596	2572	Klimm, Petra	SG Ruhrgas Essen	1979	16	22	00:29:46	00:30:19
597	2376	Drechsler, Ulrike	TV Jahn Hiesfeld	1982	10	19	00:29:47	00:29:59
597	2662	Klemann, Birgit	*Möhnesee	1952	15	50	00:29:47	00:30:10
599	2442	Tegggers, Angelika	KG Marxloher-Jecken	1963	42	40	00:29:50	00:30:05
600	2344	Wojak, Petra	*Essen	1966	40	35	00:29:50	00:30:14
601	3126	Gorning, Simone	Trimet Aluminium AG	1965	41	35	00:29:51	00:30:21
602	2480	Fierlings, Inge	LC Duisburg	1942	4	60	00:29:51	00:30:01
603	3016	Reinhold, Meike	*Duisburg	1972	27	30	00:29:52	00:30:21
604	3198	Eckert, Andreas	*Wesel	1966	67	35	00:29:52	00:30:19
605	3163	Schneider, Martin	*Duisburg	1966	68	35	00:29:58	00:30:24
606	2317	Emmer, Norbert	*Meerbusch	1933	4	70	00:30:01	00:30:18
607	2375	Drechsler, Renate	TV Jahn Hiesfeld	1956	25	45	00:30:01	00:30:13
608	3083	Krah, Bettina	VFL Gladbeck	1975	17	22	00:30:03	00:30:31
608	3084	Schulz, Lothar	VFL Gladbeck	1952	48	50	00:30:03	00:30:32
610	2886	Kemna, Klaus	LC Duisburg	1950	49	50	00:30:04	00:30:25
610	2715	Hucken, Sabine	LT Rennhamster	1969	28	30	00:30:04	00:30:31
612	2962	Mengede, Heike	*Marl	1968	42	35	00:30:06	00:30:16
613	2861	Möring, Wilhelm	LG Meidericher Laufteufel	1938	11	65	00:30:12	00:30:38
614	3225	Eicker, Carolin	TUS Ennepe 1926	1992	13	15	00:30:12	00:30:29
615	2382	Schulz, Olaf	running fish	1969	34	30	00:30:14	00:30:38
616	3009	Kropp, Annette	*Düsseldorf	1966	43	35	00:30:15	00:30:42
617	3026	Laub, Gabi	*Düsseldorf	1951	16	50	00:30:15	00:30:43
618	2614	Schlierkamp, Franz-Josef	BSG WAZ Essen	1939	21	60	00:30:27	00:30:43
619	2464	Hermanns, Franziska	*Mülheim	1969	29	30	00:30:27	00:30:54
620	2466	Nieder, Angelika	*Duisburg	1957	26	45	00:30:33	00:30:56
621	2311	Idelberger, Birgit	*Duisburg	1959	43	40	00:30:34	00:30:54
622	3136	Bock, Heidrun	*Oberhausen	1963	44	40	00:30:37	00:30:59
623	3222	Steinbach, Annette	TUS Ennepe 1926	1962	45	40	00:30:37	00:30:54
624	3007	Lange, Jörg	SV Beeckerwerth	1967	69	35	00:30:42	00:31:02
624	2390	Keller, Klaudia	*Duisburg	1958	27	45	00:30:42	00:31:02
626	2688	Schmidt, Claudia	SG 93 / 09 e.V. Essen	1958	28	45	00:30:43	00:31:04
627	3160	Kohn, Mignon	*Duisburg	1975	18	22	00:30:45	00:30:59
628	2388	Hufen, Dieter	*Moers	1962	64	40	00:30:47	00:31:14
629	2637	Grabow, Petra	*Duisburg	1961	46	40	00:30:48	00:31:19

630	2467	Gornik, Peter	*Bottrop	1964	70	35	00:30:48	00:30:58
631	2482	Röttinger, Detlef	*Gladbeck	1962	65	40	00:30:50	00:30:59
632	2386	Deffke, Frank	*Duisburg	1957	51	45	00:30:55	00:31:14
633	2714	Lücker, Sabine	*Ratingen	1973	30	30	00:30:55	00:31:26
634	2600	Stahmer, Charlotte	RC Musketiere Wuppertal	1937	3	65	00:30:58	00:31:09
635	2434	Beese, Ralf	*Mülheim	1987	21	18	00:31:01	00:31:16
636	2424	Beese, Sonja	*Mülheim	1984	13	18	00:31:01	00:31:17
637	3137	Brüggemann, Birgit	*Oberhausen	1957	29	45	00:31:02	00:31:25
638	3032	Küsgen, Katharina	Fun Runner VfL Gladbeck	1982	11	19	00:31:03	00:31:25
639	3181	Thom, Ulrike	TUS Breitscheid	1971	31	30	00:31:05	00:31:28
640	2758	Garden, Heinz	LG Hünxe	1946	28	55	00:31:05	00:31:33
641	2918	Koch, Joachim	Vodafone Runners	1969	35	30	00:31:06	00:31:37
642	2639	Schulz, Cordula	*Düsseldorf	1972	32	30	00:31:06	00:31:21
643	2937	Pingel, Britta	*Duisburg	1959	47	40	00:31:07	00:31:24
644	2695	Lis, Karin	*Dinslaken	1959	66	40	00:31:08	00:31:41
645	2420	Preuß, Petra	*Duisburg	1969	33	30	00:31:10	00:31:17
646	2436	Welz, Christl	ETUS Wedau	1956	30	45	00:31:12	00:31:23
647	2554	Bender, Marita	TUSPO Huckingen	1953	17	50	00:31:17	00:31:41
648	3112	Michelbrink, Sophie	*Düsseldorf	1972	34	30	00:31:20	00:31:20
649	3031	Küsgen, Marlis	Fun Runner VfL Gladbeck	1948	5	55	00:31:24	00:31:47
650	2899	Lamerz, Bernward	BSG Langlauf SSK Duisburg	1959	67	40	00:31:28	00:31:48
651	3150	Spano-Mehlich, Gudrun	SI Sport e.V.	1955	31	45	00:31:29	00:31:56
652	2527	Moser, Fritz	ETUS Wedau	1928	2	75	00:31:29	00:31:40
653	2486	Weidenmüller, Werner	Angerrunner Duisburg	1955	52	45	00:31:31	00:31:49
654	2940	Siemens, Ludmilla	LT Barmenia	1958	32	45	00:31:32	00:32:03
655	3142	Hustadt, Rainer	LT Barmenia	1951	50	50	00:31:33	00:32:03
656	2319	Pärschke, Klaus	*Oberhausen	1956	53	45	00:31:36	00:32:09
657	2318	Pärschke, Andrea	*Oberhausen	1986	14	18	00:31:36	00:32:09
658	2673	Fux, Susanne	*Mülheim an der Ruhr	1969	35	30	00:31:37	00:31:45
659	3156	Gooßes, Wolfgang	Viktoria Beeck	1947	29	55	00:31:39	00:32:10
660	3034	Hahn, Marion	Rasende Hasen Düsseldorf	1971	36	30	00:31:41	00:31:59
661	3277	Dammert, Bernd	DJK VfL Forstwald	1950	51	50	00:31:43	00:31:59
662	2645	Borgards, Andrea	*Sonsbeck	1970	37	30	00:31:46	00:32:18
663	2558	Watzin, Heike	*Ratingen	1978	19	22	00:31:47	00:32:16
664	3008	Lange, Sabine	*Duisburg	1964	44	35	00:31:48	00:32:09
665	3058	Krausse, Jürgen	Die Schlappis	1955	54	45	00:31:49	00:32:03
666	2871	Simon-Kürsten, Karin	LG Mülheim	1958	33	45	00:31:49	00:32:02
667	3013	Vaupel, Stefanie	LSG Kamp-Lintfort	1971	38	30	00:31:58	00:32:24
668	2860	Altenweg, Sandra	*Duisburg	1971	39	30	00:32:02	00:32:28
669	2597	Üzel, Gabriele	Marathon Dinslaken	1955	34	45	00:32:02	00:32:30
670	2763	Kaminski, Annette	KSV Wedau	1968	45	35	00:32:05	00:32:23
671	3074	Norkowski, Elke	LT Issum, Turbo Schnecken	1975	20	22	00:32:12	00:32:34
672	2921	Lohrke, Sigrid	Vodafone Runners	1965	46	35	00:32:13	00:32:37
673	2362	Scharlowsky, Manfred	*Erkrath	1958	55	45	00:32:14	00:32:34
674	3085	Dams, Sabine	*Mülheim	1962	48	40	00:32:16	00:32:36
675	2944	Mierswa, Ralf	LT Barmenia	1948	30	55	00:32:16	00:32:45
676	3127	Manns, Ellen	Trimet Aluminium AG	1971	40	30	00:32:19	00:32:48
677	2302	Vielhaber, Barbara	SC Phönix Essen	1951	18	50	00:32:24	00:32:48
678	2709	Lohsin, Annette	*Mülheim an der Ruhr	1968	47	35	00:32:25	00:32:54
679	2710	Bajorat, Petra	*Essen	1966	48	35	00:32:28	00:32:53
680	2387	Theißen, Dorothée	*Duisburg	1969	41	30	00:32:43	00:33:10
681	2307	Stratmann, Luise	SG Ruhrgas Essen	1942	5	60	00:32:47	00:32:57
682	3135	Reichling, Iris	*Duisburg	1962	49	40	00:32:48	00:33:12
683	2305	Stratmann, Kirsten	SG Ruhrgas Essen	1966	49	35	00:32:50	00:32:59
684	3134	Soltysik, Dagmar	*Duisburg	1956	35	45	00:32:56	00:33:21
685	2435	Raczek, Corina	*Bottrop	1966	50	35	00:32:56	00:33:27
686	3055	Löschmann, Bettina	Spalter Rhede	1972	42	30	00:33:02	00:33:20
687	2455	Schilling-Frenk, Wilma	Spalter Rhede	1970	43	30	00:33:02	00:33:20
688	2891	Kubus, Kerstin	BSG Langlauf SSK Duisburg	1971	44	30	00:33:03	00:33:27
689	2405	Unterberg, Silvia	*Duisburg	1972	45	30	00:33:05	00:33:35
690	2404	Kraus, Claudia	*Duisburg	1972	46	30	00:33:07	00:33:35
691	2503	Kaufhold, Beate	BSG Stadtwerke Duisburg	1963	50	40	00:33:11	00:33:39
692	2320	Pärschke, Heidi	*Oberhausen	1956	36	45	00:33:15	00:33:48

693	2619	Wenk, Marion	LG FSUe	1971	47	30	00:33:17	00:33:48
694	2489	Pelzer, Karin	LBN Duisburg	1956	37	45	00:33:32	00:33:47
695	2488	Eick, Heinz	LBN Duisburg	1927	3	75	00:33:36	00:33:59
696	2371	Handke, Monika	TV Wanheim 1900	1966	51	35	00:33:39	00:34:10
697	2542	Greifenberger, Renate	Marathon Dinslaken	1961	51	40	00:33:46	00:34:15
698	3234	Hofmann, Horst	*Erkrath	1935	12	65	00:33:47	00:34:13
699	2629	Franken, Gabriele	*Dinslaken	1953	19	50	00:33:53	00:34:06
700	3044	Kaiser, Siegrid	www.majaxx.de	1976	21	22	00:33:54	00:34:23
701	2549	Sadra, Birgitta	*Duisburg	1954	38	45	00:34:01	00:34:22
702	2966	Koschare, Jürgen	Hot Feet	1973	36	30	00:34:02	00:34:12
703	2702	Borgerding, Hélène	ASC Rosellen	1961	52	40	00:34:03	00:34:03
704	2967	Koschare, Rüdiger	Hot Feet	1971	37	30	00:34:04	00:34:13
705	2517	Stangel, Sabine	Styrumer Turnverein 1880	1974	22	22	00:34:24	00:34:53
706	2411	Bachran, Petra	*Duisburg	1958	39	45	00:34:43	00:35:16
707	2423	Beese, Petra	*Mülheim	1956	40	45	00:34:59	00:35:15
708	2912	Engelhardt, Sabine	Vodafone Runners	1961	53	40	00:35:09	00:35:35
709	2548	Dorscheid, Astrid	*Duisburg	1960	54	40	00:35:16	00:35:47
710	2361	Esztermann, Karin	LT Rennhamster	1951	20	50	00:35:16	00:35:43
711	3062	Mosch, Stefan	Osterather TV	1967	71	35	00:35:48	00:36:19
712	2599	Niedt, Rolf	LC Wuppertal	1935	13	65	00:35:52	00:36:04
713	2432	Stein, Renate	Fun Runner	1943	6	60	00:36:45	00:36:56
714	2369	Heinen, Mark	Ski-Club Cronenberg 1929	1989	28	15	00:37:51	00:38:06
715	2649	Fischer, Katrin	Turboschnecken Lüdenschei	1965	52	35	00:37:57	00:38:32